

## CLAIMS

I claim:

1. A protective disk, adapted for use with a dumbbell having a bar with weights at opposite ends, said disk comprising:
  - (a) an outer surface adapted to bear against the dumbbell weights;
  - (b) a convex inner surface; andsaid disk defining a hole through said outer and inner surfaces adapted to receive the dumbbell bar.
2. The protective disk of claim 1 wherein said outer surface is substantially planar.
3. The protective disk of claim 1 wherein said convex inner surface has a radius in the range of 5 to 8 inches and said disk has thickness of no more than 1.5 inches.
4. The protective disk of claim 1 wherein said disk further defines a slot connecting said hole to the outer edge of said disk.
5. The protective disk of claim 4 wherein said slot has a width no more than one half the diameter of said hole.
6. The protective disk of claim 1 wherein said outer surface comprises alternating ribs and gaps extending radially from said hole.
7. The protective disk of claim 1 wherein said disk further defines a cavity, concentric with and larger than said hole, extending from said outer surface at least partially through said disk.
8. A protective disk, adapted for use with a dumbbell having a bar with weights at opposite ends, said disk comprising:
  - (a) a substantially planar outer surface adapted to bear against the dumbbell weights;
  - (b) a convex inner surface;

1           said disk having a central axis perpendicular to both said outer and inner surface  
2           and an outer rim; and

3           said disk defining a hole, concentric with said central axis and extending  
4           completely through said disk, adapted to receive the dumbbell bar and a slot connecting  
5           said hole to said outer rim.

6   9.    The protective disk of claim 8 wherein said disk further defines a cavity, concentric with  
7           and larger than said hole, extending from said outer surface partially through said disk.

8   10.   The protective disk of claim 9 wherein said outer surface comprises alternating ribs and  
9           gaps extending radially from said hole.

10 11.   The protective disk of claim 10 wherein said convex inner surface has a radius in the  
11           range of 5 to 8 inches and said disk has thickness of no more than 1.5 inches.

12 12.   The protective disk of claim 11 wherein said inner surface is textured for improved grip.  
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